



## Children's Mental Health Week May 4-10, 2008

### **Mental Health Is Important**

Mental health affects how people think, feel and act as they face life's situations. It affects how people cope with stress, relate to one another and make decisions. Mental health influences the ways in which individuals look at themselves, their lives and others in their lives, as well as the way that they look at the world around them. Like physical health, mental health is important at every phase of life.

### **Children and Adolescents Can Have Serious Mental Health Challenges**

Along with adults, children and adolescents can experience mental health disorders that may interfere with the way they think, feel and act. If untreated, mental health disorders can lead to possible school failure, family conflicts, drug abuse, violence and even suicide. Studies from the U.S. Department of Health and Human Services show that at least one in five (20%) of children and adolescents has a mental health issue, difficulty or challenge. An estimated two-thirds of all young people with mental health issues – a population projected to range from 7.7 million to 12.8 million – are not getting the help they need.

### **Signs of Mental Health Disorders Can Signal a Need for Help**

Children and adolescents with mental health issues need to get help as soon as possible. A variety of signs may point to mental health disorders in children or adolescents. Some warning signs to pay close attention to may be:

- Feeling sad and hopeless for no reason most of the time.
- Increase in anger or outbursts, crying a lot or overreacting to things.
- Feelings of worthlessness or guilt.
- Feeling anxious or worried.
- Unable to get over the loss or death of someone important.
- Extremely fearful or having unexplained fears.
- Constantly worried about physical problems or physical appearance.
- Frightened that his or her mind either is controlled or is out of control.
- May also stop interacting with others or have inappropriate interactions with other people in their lives.

### **Important Messages About Child and Adolescent Mental Health:**

- Every child's mental health is important.
- Many children have mental health issues or challenges.
- These issues are real, painful and can be severe.
- Mental health disorders or challenges can be recognized and treated.
- Caring families and communities working together can help.

### **ARIZONA 24-HOUR CRISIS HOTLINES:**

*Maricopa County: 1-800-631-1314*

*Pinal, Gila, Yuma and LaPaz Counties: 1-866-495-6735*

*Pima County: 1-800-796-6762*

*Graham, Greenlee, Santa Cruz & Cochise Counties: 1-800-586-9161*

*Mohave, Coconino, Apache, Navajo & Yavapai Counties: 1-877-756-4090*


*Gila River Indian Community: 1-800-259-3449*

*Colorado Indian River Tribes: 1-866-495-6735*

*Pascua Yaqui Tribe: 1-520-591-7206*

*Teen Lifeline for AZ teens in crisis: 1-800-248-TEEN (8336) or (602) 248-TEEN*



 <b>May 2008</b> <b>May is Mental Health Awareness Month</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> *	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> *	<b>9</b> *	<b>10</b> *
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> *	<b>31</b>

**Mental Health Awareness Coalition**  
**755 E. Willetta Suite #128**  
**Phoenix, Arizona 85006**



## Schedule of Events

- May 1st**

Kick off to Mental Health Awareness Month  
**Arts and Crafts Fair/ Candlelight Vigil**  
**4:00-8:00 P.M. Margaret T. Hance Park**

- May 1st**

**Distribution of Children's Mental Health Posters**

- May 4-10th**

The National Federation of Families for Children's Mental Health declares May 4th - 10th as Children's Mental Health Awareness Week.

- May 8th**

**Lindsay Rush East Valley High School Concert for Mental Health Awareness . Closed event**

- May 9th**

**Lindsay Rush evening concert and Mental Health Awareness Program for youth and families.**

- May 10th**

**Youth Picnic and Mental Health Awareness information fair @**

**Encanto Park .**

- May 30th**

**Fundraiser Mental health Awareness night with the Diamondbacks / Chase Field 6:40 P.M.**

## Mental Health Awareness Coalition

**President: Vicki Johnson**  
**Vice President: Melanie Eldridge**  
**Secretary: Deborah Woodard**  
**Treasurer: Jenny McLellan**

**For more information call:**  
**Melanie (602)-797-8287 Vicki: (480) 236-2552**